

Welcome to Safe Space BERWICK




Safe Space is a drop-in style service, offering support if you are experiencing issues with your emotional wellbeing.

Joining the group gives you the chance to share some of your experiences with others.



Our Berwick group runs the 1st & 3rd
Wednesday between 11am - 1pm

For more information call: 07918272392

 **Mind** Tyneside and Northumberland

Welcome to Safe Space Alnwick




Safe Space is a drop-in style service, offering support if you are experiencing issues with your emotional wellbeing.

Joining the group gives you the chance to share some of your experiences with others.



Our Alnwick group runs the 2nd & 4th
Wednesday between 1pm - 2.30pm

For more information call: 07500340069

 **Mind** Tyneside and Northumberland

Welcome to Safe Space Wooler




Safe Space is a drop-in style service, offering support if you are experiencing issues with your emotional wellbeing.

Joining the group gives you the chance to share some of your experiences with others.



Our Wooler group runs the 1st & 3rd
Wednesday between 1pm - 2.30pm

For more information call: 07500340069

 **Mind** Tyneside and Northumberland